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## ABSTRACT OF THE DISCLOSURE

An athletic garment with protective guard members on the inner thighs. The garment preferably will be compression shorts or pants. The guard members are supported in pockets formed on the inside of each thigh portion of the shorts. The guard member preferably is adapted to both deflect impacts and to absorb shock from impacts, particularly from balls in sports such as baseball. The guard member preferably is formed of an inner flexible, hard plastic deflective layer and an outer flexible, shock-absorbing foam layer. Thus, the garment of this invention is particularly suited for use by a baseball catcher and the other infielders, but will be useful to athletes in any sport. This protective garment will reduce the discomfort and injury caused by the impact of a ball or other equipment or objects employed in virtually any sports activity.